

What Are Some Foods With High Thermic Effect?

The thermic effect of food refers to the amount of energy required by the body to digest and process the food we eat. Certain foods have a higher thermic effect, meaning they require more energy to be digested, which can result in higher metabolism and ultimately, weight loss.



The thermic effect of food (TEF) refers to the amount of energy required by the body to digest and process the food we eat. TEF is the energy expenditure that occurs during the digestion, absorption, and utilization of the nutrients in food. It accounts for approximately 5-10% of total daily energy expenditure and is influenced by several factors including the type, amount, and composition of food consumed. Foods that are high in protein, fibre, and spices tend to have a higher TEF compared to foods that are high in carbohydrates or fats. Increasing the thermic effect of food, it can potentially lead to an increase in overall energy expenditure and potentially aid in weight management. Food is the fuel that keeps our bodies going, but it's not as easy as it sounds. Every day, people are discovering what they eat and how their bodies react to it. It's not rocket science to know that different types of foods have different effects on the human body, but explaining how and why our bodies safely respond to certain foods requires expert intervention. One area of growing interest is

the thermal effect of food (TEF). Modernization has made it almost impossible to avoid processed foods. Processed foods may contribute to the increase in overweight and obesity of people. One of the tunable elements of how the body uses energy is the thermal effect of food, and understanding it is very important when trying to maintain weight. High thermogenic foods, also known as diet-induced thermogenesis (DIT) or specific dynamic effects (SDA), are foods in which a portion of the calories in the food eaten are used for digestion, absorption, and metabolism, and the rest is stored.

However, not all foods are created equal. How much or how little metabolic energy is expended depends to some extent on what you eat. Therefore, those who want to know how to burn fat quickly turn to thermal foods. For example, fat is assumed to have the least thermal effect between 0 and 3% of the energy expended. The carbohydrate percentage is very high, 5-10%. That's nothing compared to proteins that rank highest at 20-30%.

Some of the [foods with high thermic effect](#) include:

- Protein-rich foods: Foods high in protein, such as chicken, fish, eggs, dairy, and beans, require more energy to be digested and processed, resulting in foods with high thermic effect.
- High-fibre foods: Foods high in fibre, such as vegetables, fruits, and whole grains, also have a high thermic effect as they require more energy to break down and digest.
- Spicy foods: Spicy foods like chilli peppers, ginger, and garlic can also increase the thermic effect due to their thermogenic properties, which can increase the metabolic rate.
- Green tea: Green tea contains catechins, which have been shown to increase the thermic effect and boost metabolism.
- Water-rich foods: Eating water-rich foods like watermelon, cucumbers, and soups and stews can also increase the thermic effect as they require more energy to be digested.
- Unprocessed, whole foods: Unprocessed, whole foods, such as fruits and vegetables, are typically more nutrient-dense and have a higher thermic effect compared to processed foods.

In conclusion, incorporating foods with high thermic effect into your diet can help boost your metabolism, increase weight loss, and improve the overall health